amount of a supplement comprising an effective amount of L-arginine, a source of amino acids and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan and folic acid, wherein the source of amino acids is a protein and the composition further comprises a carbohydrate, wherein the weight ratio of protein to carbohydrate is about 7 to 1.

G1 Cont.

The present invention further provides a method for supplementing the diet of a human comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising an effective amount of L-arginine, about 20 grams of protein, about 3 grams of carbohydrate and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan, and folic acid.

In the Claims:

Please cancel claims 27-29, 31-34, 36-38. 40-43, 45-47, 49-57 and 65-67 without prejudice.

Please amend claim 25 as follows:

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25. A method for supplementing the diet of an athlete, comprising administering as part of the diet an effective amount of a supplement comprising an effective amount of L-arginine, a source of amino acids and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan and folic acid, wherein the source of amino acids is a protein and the composition further comprises a carbohydrate, wherein the weight ratio of protein to carbohydrate is about 7 to 1.

G2

Please add the following new claims.

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69. The method of claim 25, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

G3